

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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### A424 – PEACHES, FROZEN, FREESTONE, SLICED, 20 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A frozen, sliced Freestone peaches; firm ripe but may include 20 percent soft ripe fruit; no mushy peaches allowed. Peaches are packed in fruit syrup composed of peach puree, dry sugar, ascorbic acid, and citric acid.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>20 lb case with plastic bag.</li> <li>One 20 lb case AP yields about 27½ cups thawed, drained, sliced peaches and provides about 109.3 ¼-cup servings thawed, drained, sliced peaches OR about 147.4 ¼-cup servings thawed fruit and juice OR about 142.0 ¼-cup servings cooked fruit.</li> <li>One lb AP yields 0.97 lb (about 1⅓ cups) thawed, drained, sliced peaches and provides about 5.46 ¼-cup servings thawed, drained, sliced peaches OR about 7.34 ¼-cup servings thawed, sliced peaches and juice OR about 7.10 ¼-cup servings cooked fruit.</li> <li>CN Crediting: ¼ cup thawed, sliced peaches and juice OR ¼ cup thawed, drained sliced peaches OR ¼ cup cooked peaches provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen peaches in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened frozen peaches covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



### Nutrition Information

Peaches, sweetened, sliced, thawed

	¼ cup (63 g)	½ cup (125 g)
Calories	59	118
Protein	0.39 g	0.79 g
Carbohydrate	14.99 g	29.98 g
Dietary Fiber	1.1 g	2.2 g
Sugars	13.86 g	27.73 g
Total Fat	0.08 g	0.16 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.23 mg	0.46 mg
Calcium	2 mg	4 mg
Sodium	4 mg	8 mg
Magnesium	3 mg	6 mg
Potassium	81 mg	162 mg
Vitamin A	9 RAE	18 RAE
Vitamin A	178 IU	355 IU
Vitamin C	58.9 mg	118 mg
Vitamin E	0.39 mg	0.78 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Thawed peaches can be used right from the case.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Serve sliced Freestone peaches thawed, alone, as a fruit or in mixed fruit dishes or salads.</li> <li>Use in recipes for cobbler, turnovers, pies, or serve as topping on cakes or frozen yogurt.</li> <li>Add to fruit salads or use in recipes for baked products.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>Do not refreeze peaches.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>